

Variable	Mean	SD	Min	Max
Age	30.5	4.2	22	45
Gender	0.5	0.5	0	1
Marital status	0.3	0.5	0	1
Education	12.5	1.5	10	16
Income	1500	500	500	3000
Health status	0.8	0.2	0	1
Smoking status	0.2	0.4	0	1
Alcohol consumption	0.1	0.3	0	1
Exercise frequency	0.5	0.5	0	1
Stress level	3.5	1.5	1	5
Sleep quality	0.7	0.3	0	1
Work satisfaction	0.6	0.4	0	1
Life satisfaction	0.8	0.2	0	1
Depression score	10	5	0	30
Anxiety score	12	6	0	30
Quality of life	0.9	0.1	0	1
Healthcare utilization	0.4	0.5	0	1
Health insurance	0.9	0.1	0	1
Healthcare access	0.8	0.2	0	1
Healthcare cost	100	50	0	200
Healthcare quality	0.7	0.3	0	1
Healthcare satisfaction	0.6	0.4	0	1
Healthcare accessibility	0.8	0.2	0	1
Healthcare affordability	0.7	0.3	0	1
Healthcare effectiveness	0.9	0.1	0	1
Healthcare safety	0.8	0.2	0	1
Healthcare equity	0.7	0.3	0	1
Healthcare transparency	0.6	0.4	0	1
Healthcare accountability	0.8	0.2	0	1
Healthcare integrity	0.9	0.1	0	1
Healthcare honesty	0.8	0.2	0	1
Healthcare fairness	0.7	0.3	0	1
Healthcare justice	0.6	0.4	0	1
Healthcare compassion	0.9	0.1	0	1
Healthcare empathy	0.8	0.2	0	1
Healthcare kindness	0.7	0.3	0	1
Healthcare gentleness	0.6	0.4	0	1
Healthcare patience	0.9	0.1	0	1
Healthcare tolerance	0.8	0.2	0	1
Healthcare understanding	0.7	0.3	0	1
Healthcare respect	0.6	0.4	0	1
Healthcare dignity	0.9	0.1	0	1
Healthcare autonomy	0.8	0.2	0	1
Healthcare privacy	0.7	0.3	0	1
Healthcare confidentiality	0.6	0.4	0	1
Healthcare security	0.9	0.1	0	1
Healthcare protection	0.8	0.2	0	1
Healthcare defense	0.7	0.3	0	1
Healthcare safety	0.6	0.4	0	1
Healthcare risk management	0.9	0.1	0	1
Healthcare emergency response	0.8	0.2	0	1
Healthcare disaster preparedness	0.7	0.3	0	1
Healthcare crisis management	0.6	0.4	0	1
Healthcare business continuity	0.9	0.1	0	1
Healthcare resilience	0.8	0.2	0	1
Healthcare adaptability	0.7	0.3	0	1
Healthcare flexibility	0.6	0.4	0	1
Healthcare innovation	0.9	0.1	0	1
Healthcare creativity	0.8	0.2	0	1
Healthcare problem solving	0.7	0.3	0	1
Healthcare decision making	0.6	0.4	0	1
Healthcare leadership	0.9	0.1	0	1
Healthcare management	0.8	0.2	0	1
Healthcare organization	0.7	0.3	0	1
Healthcare structure	0.6	0.4	0	1
Healthcare culture	0.9	0.1	0	1
Healthcare values	0.8	0.2	0	1
Healthcare beliefs	0.7	0.3	0	1
Healthcare attitudes	0.6	0.4	0	1
Healthcare behaviors	0.9	0.1	0	1
Healthcare actions	0.8	0.2	0	1
Healthcare outcomes	0.7	0.3	0	1
Healthcare results	0.6	0.4	0	1
Healthcare performance	0.9	0.1	0	1
Healthcare quality	0.8	0.2	0	1
Healthcare effectiveness	0.7	0.3	0	1
Healthcare efficiency	0.6	0.4	0	1
Healthcare productivity	0.9	0.1	0	1
Healthcare profitability	0.8	0.2	0	1
Healthcare sustainability	0.7	0.3	0	1
Healthcare viability	0.6	0.4	0	1
Healthcare feasibility	0.9	0.1	0	1
Healthcare desirability	0.8	0.2	0	1
Healthcare acceptability	0.7	0.3	0	1



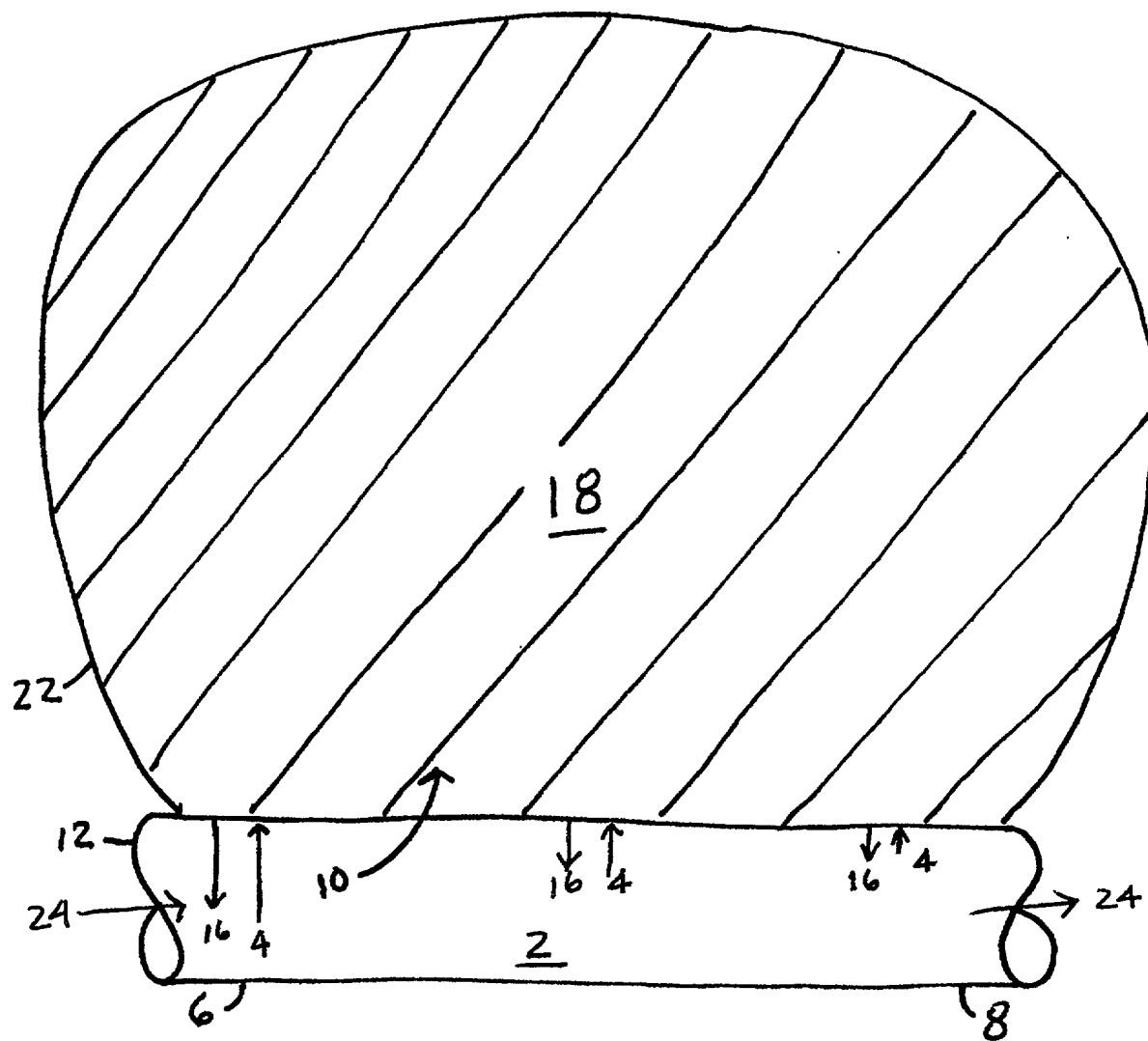
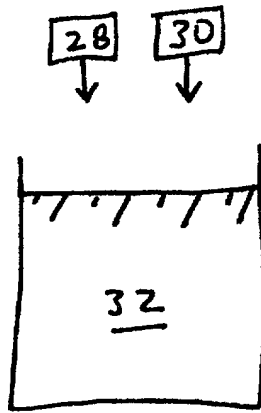
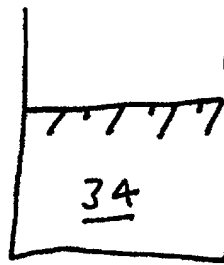


Fig. 2

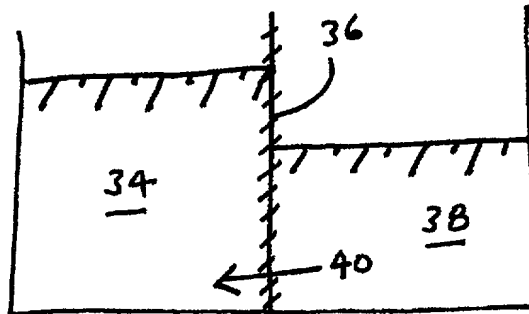
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**Fig. 3**



**Fig. 4**



**Fig. 5**

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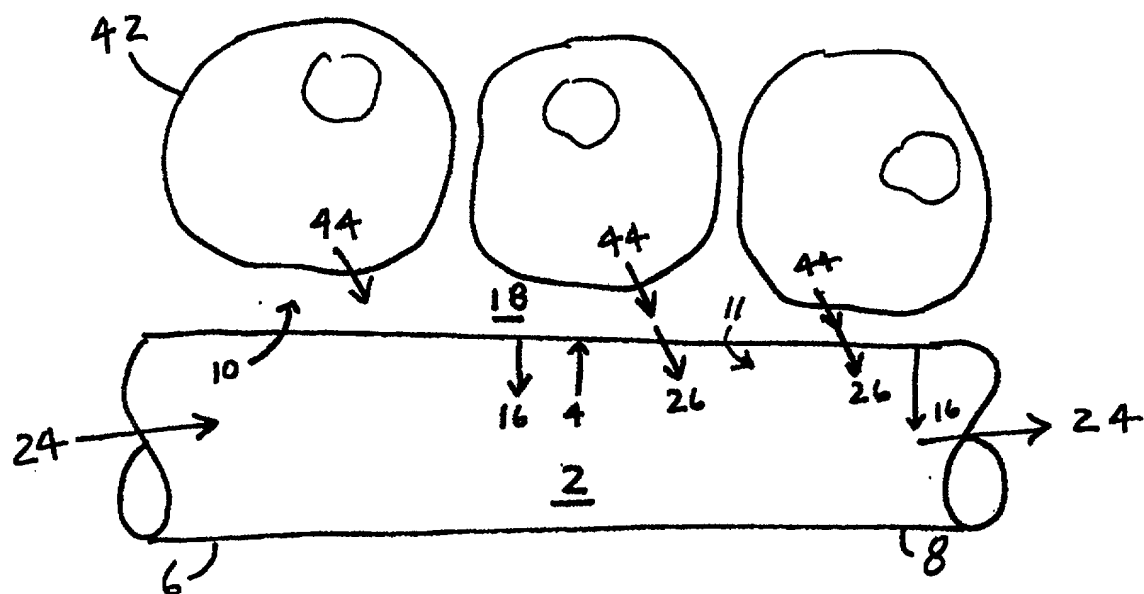


Fig. 6

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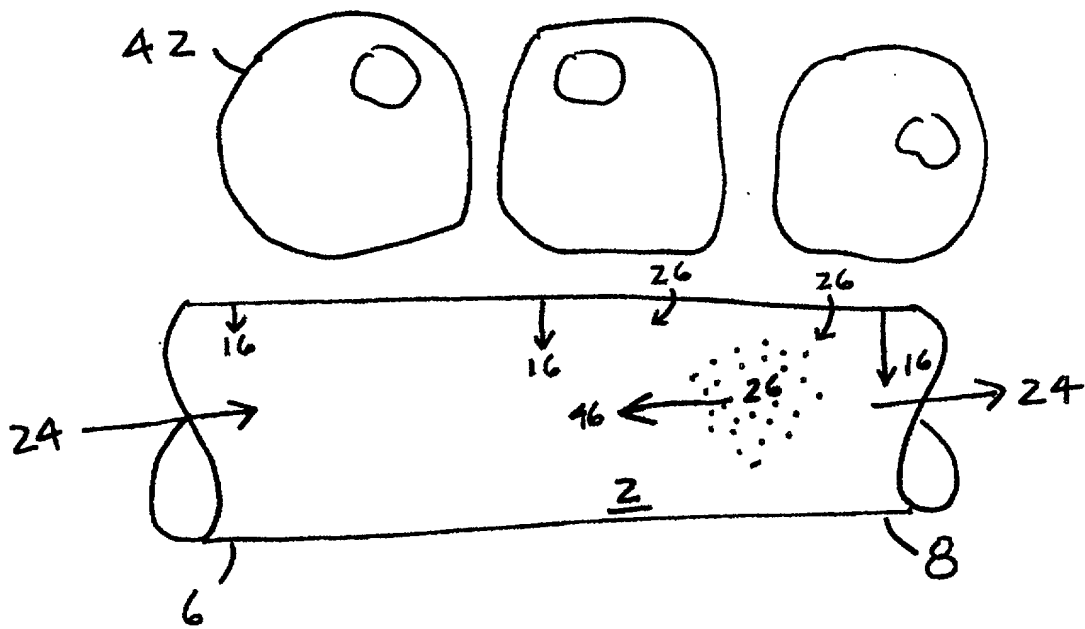


Fig. 7

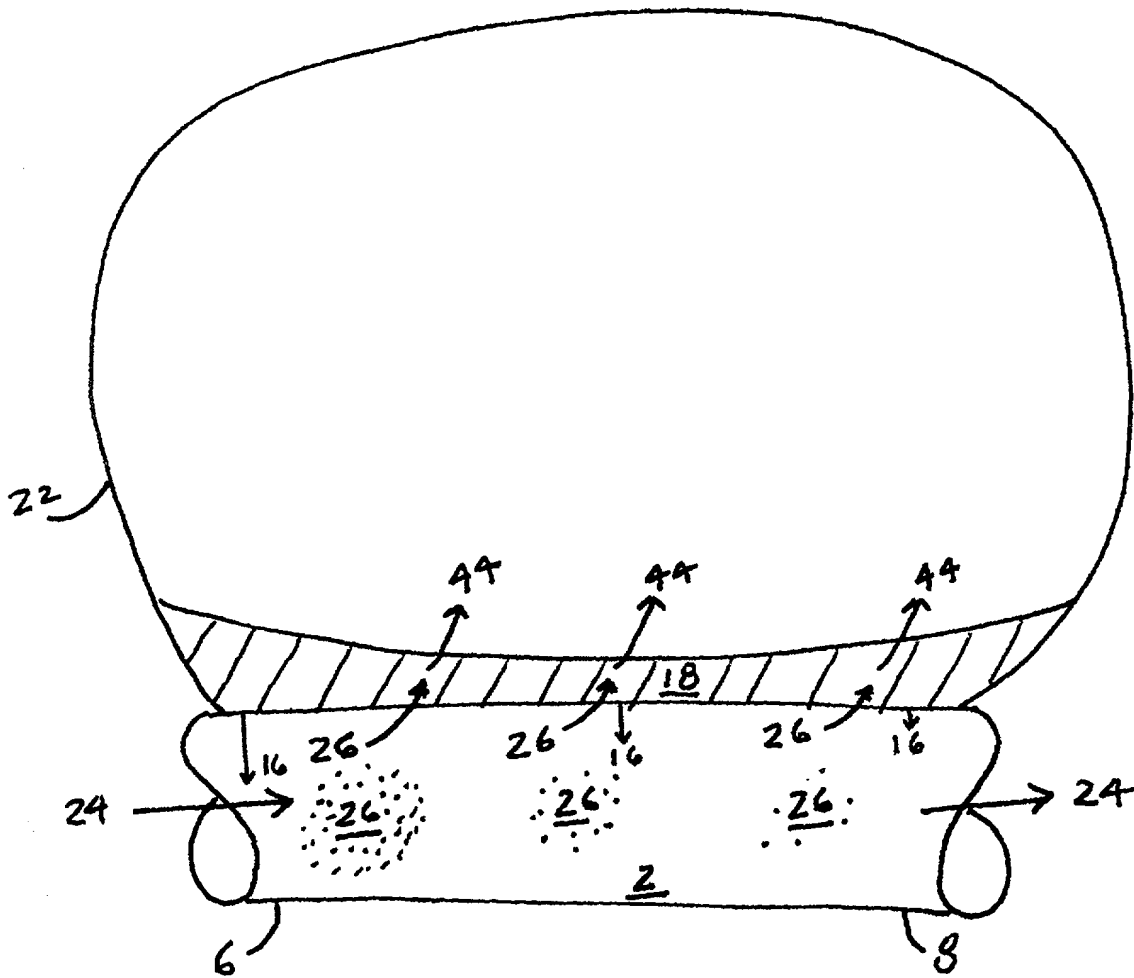


Fig. 8

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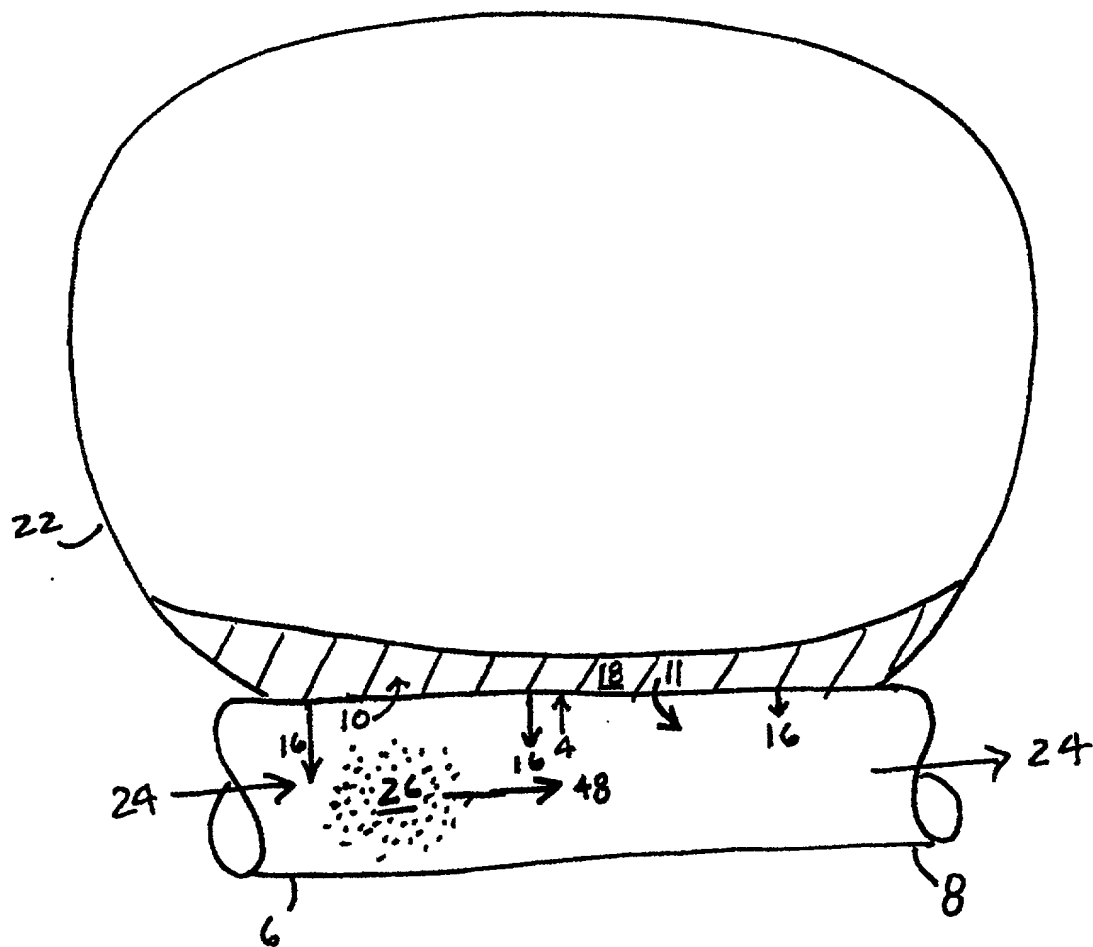


Fig. 9

Ingesting foods to maximize  $\text{HCO}_3^-$  ion concentrations in plasma

Refraining to ingest foods that reduce  $\text{HCO}_3^-$  concentrations in plasma.

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Fig. 10

maximize  
$$\frac{n_{\text{carbon}} + n_{\text{O}_2}}{\text{calories per gram dry weight}}$$

maximize  
$$\frac{n_{\text{O}_2}}{n_{\text{carbon}}}$$

minimize  
$$\text{N}_2$$

minimize  
$$\text{H}_2$$

Fig. 11